



H-PLUS Function Exercise:

DE-TOX: BODY (P)

Function Command:

PLUS-CLEAN, CLEAR

Purpose:

This is your H-PLUS Function exercise to learn to cleanse your physical system.

Application:

To throw off chemicals and other substances in the body which are harmful or destructive or of no value in normal body operation. Use when a known body toxicity exists or daily to cleanse the body of unperceived intake.

Instructions For Use:

1. Listen to the exercise in a dimly lit area where you will not be disturbed. Be able to lie down comfortably or sit in a chair where your head will be supported by a head-rest.
2. Be sure your bladder is empty before beginning the exercise. Also, loosen any tight clothing, and use cover or blanket if room is cool as body may get cold.
3. Use a stereo cassette tape player with headphones and left-right volume control, if possible.
4. Keep exercise sound at a very soft volume, so that you can just barely hear and understand the voice, but no louder. Tune the left-right volume so the voice sounds exactly in the middle of your head.
5. Use the Preparation Exercise *first*, unless you have prior learning in other H-PLUS Functions.
6. Use the actual Function Exercise at least one day after learning the Preparation Exercise.

Effectiveness Pattern:

- At the very minimum, most Functions will move into place no earlier than two minutes after the Function Command is given.
- Most results are subtle rather than dramatic. Waiting and watching only delay the application.
- If no results whatsoever are noticed, repeat the above process (1-6). It may take three or more sessions to install the Function.
- Greatest results are achieved when H-PLUS Functions are applied *in combination* with each other. These are limited only by your own creativity.

Suggestions For Use:

- **DE-TOX: BODY** is beneficial with the H-PLUS Functions **TUNE-UP**, **SHORT FIX** and **RESTORATIVE SLEEP**.

Examples – If you've been exposed to toxic chemicals, get medical attention and do **PLUS-CLEAN, CLEAR** with **TUNE-UP** and **RESTORATIVE SLEEP** to encourage healing and regeneration. **SHORT FIX** and **DE-TOX: BODY** may help to relieve a headache and clear out the alcohol residue resulting from over-imbibing.

Please Note:

- This is a permanently installed Function. Use the Function command to enhance its effect.
- This Function exercise assists and potentiates your body's natural defense mechanisms and is not intended to substitute for other methods of treatment.

©1988

**Interstate Industries, Inc.
at The Monroe Institute**

P.O. Box 130
Nellysford, VA 22958
(804) 361-1500